

909576 - Honey Nut Cheerios Gluten Free Cereal Bowlpak (96 ct)...

A sweetened twist on the classic cereal, Honey Nut Cheerios is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.



MARKETING

Classic and long time favorite, Honey Nut Cheerios are gluten free and made with whole grain.. 96 - 1 oz single serve branded bowls per case. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack.. Gluten free and gelatin free. Kosher. Contains no artificial flavors and no colors from artificial sources.

Nutrition Facts

96 Servings per container

Serving Size1 bowl

Amount Per Serving

Calories110

% Daily Value*

Total Fat 1.52%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 160 mg7%

Total Carbohydrates 23 g8%

Dietary Fiber 2 g8%

Total Sugars 9 g

Includes 9 g Added Sugars18%

Protein 2 g

Vitamin D 3 mcg15%

Calcium 90 mg6%

Iron 2.7 mg15%

Potassium 110 mg2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code		GTIN		Calculated Pack	
11918000	909576		10016000119182		96/1 OZ	
Brand	Brand Owner		GPC Description			
Cheerios	GENERAL MILLS SALES INC.		Cereals Products - Ready to Eat (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin		Kosher	Child Nutrition
9.200 LBR	6.00 LBR	No	United States		Yes	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.750 INH	13.000 INH	14.120 INH	1.77900 FTQ	9x7	312 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS

Keep in a cool, dry place

ALLERGENS

- C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'
- Milk - 30

Eggs - 30

Soybean - 30

Wheat - 30

Sesame - 30

Pine Nuts - 30

Cashews - 30

Macadamia Nuts - 30

Coconuts - 30

Brazil Nuts - 30

Walnuts - 30
- Peanuts - 30

Tree - C

Fish - 30

Shellfish - NI

Crustaceans - 30

Almonds - C

Hazelnuts - 30

Chestnuts - 30

Pecan Nuts - 30

Pistachios - 30

Molluscs - 30

INGREDIENTS

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Cheerios

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PREPARATION & COOKING SUGGESTIONS

Ready to eat

SERVING SUGGESTIONS

One Bowlpak

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	110	Total Fat	1.5	Sodium	160 mg
Protein	2 g	Trans Fat	0 g	Calcium	90 mg
Total Carbohydrates	23 g	Saturated Fat	0 g	Iron	2.7 mg
Sugars	9 g	Added Sugars	9 g	Potassium	110 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	3 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

FAT	LOW	ARTIFICIAL_FLAVOUR	FREE_FROM	CALCIUM	GOOD_SOURCE_OF
CHOLESTEROL	LOW	VITAMIN_D	GOOD_SOURCE_OF	ENERGY	SOURCE_OF
ARTIFICIAL_SWEETENERS	FREE_FROM	CHOLESTEROL	FREE_FROM	IRON	GOOD_SOURCE_OF
MSG	FREE_FROM	FIBRE	GOOD_SOURCE_OF	IRON	EXCELLENT_SOURCE_OF
GLUTEN	FREE_FROM	SATURATED_FAT	LOW	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
VITAMIN_D	EXCELLENT_SOURCE_OF	WHOLE_GRAIN	CONTAINS	TRANS_FAT	FREE_FROM
WHOLE_GRAIN	EXCELLENT_SOURCE_OF	VEGETARIAN	YES	KOSHER	YES
FREE_FROM_GLUTEN	YES				

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